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ABSTRACT

Three units of study on the American cuisine and regional American foods are provided in this teaching guide designed for use in home economics and world food classes. The first unit focuses on the historical development of the American cuisine and some of its distinguishing features. The second and third units focus on the eastern and western parts of the country, respectively. Each unit generally includes a list of objectives, suggested teacher activities, information sheets, assignment sheet(s) with answer key(s), job sheet(s), transparency masters, and a unit test with answer key. (JH)

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WORLD FOODS
REGIONAL AND AMERICAN FOODS

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WORLD FOODS

REGIONAL AND AMERICAN FOODS

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FOREWARD

The American cuisine is one of the most unique and varied in the world. The cuisine includes a rich heritage of both native and foreign dishes enriched by a bounty of foods. Scientific agricultural practices are used in food production in the United States. Sophisticated processing, transportation, storage, and marketing techniques bring fresh foods to all parts of the country. In addition to the commercially available foods, this country still has a fine treasure of foods in the wild, such as poke, black, blue and huckle berries, and meadow mushrooms.

The characteristic mobility of the population has introduced a wide variety of foods into American cuisine. Many immigrants from foreign countries who came to this land brought their favorite foods with them and modified some of them as they learned to live in the new country and absorb its culture. America is a vast land with a varied geography which has led to the development of some distinctive regional foods and food habits.

The study of the American cuisine and regional American foods is an important component of the World Foods class. The study of the American cuisine and regional American foods will better enable students to understand the development of their own culture and food habits. This knowledge will also assist in the synthesis and application of World Foods concepts in their own daily lives.

This packet is designed to provide resources to facilitate the study of the American cuisine and regional American foods in the home economics and World Foods classes. The materials in the packet briefly introduce the development of the American cuisine and its distinguishing characteristics. Materials are included to assist in the study of the foods and food habits of segments of the population in various areas and regions of the country.

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AMERICA, A LAND OF BOUNTY
UNIT I

UNIT OBJECTIVE

After completion of this unit, the student should be able to identify the historical development of the American cuisine and some of its distinguishing features, and match preferred food habits with various ethnic and cultural groups. This knowledge will be evidenced by scoring at least eighty-five percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the student should be able to:

1. Identify three factors which have influenced the development of American cuisine.
2. Identify five historical contributions to the American cuisine in their order of development.
3. In a short paragraph briefly describe four characteristics which help to distinguish the American cuisine.
4. Match ten preferred foods with the appropriate ethnic or cultural group.

AMERICAN, A LAND OF BOUNTY
UNIT I

SUGGESTED ACTIVITIES

I. Instructor

A. Provide participants with objective sheet.

B. Provide participants with information and assignment sheets

C. Discuss unit and specific objectives

D. Discuss information and assignment sheets

E. Give unit test

F. Evaluate assignment sheet and unit test

II. Students

A. Read objective sheet

B. Study information sheet

C. Complete assignment sheet

D. Take test

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objective sheet

B. Information sheet

C. Assignment sheet

1. Assignment Sheet #1: The American Cuisine Crossword Puzzle

D. Answers to assignment sheet

E. Test

F. Answers to test

AMERICA, A LAND OF BOUNTY
UNIT I

INFORMATION SHEET

I. Many factors have influenced the development of the American cuisine which includes a rich heritage of native, regional, ethnic and foreign foods. (A.S.#1)

A. American cookery began with the contributions of both the American Indians and the Colonists.

B. Additions to American cookery were made by the many immigrants from such countries as Germany, Italy, Czechoslovakia, France, Spain and England.

C. American food habits have been modified by the great variety in geographical features affecting food production and supplies, such as the variety in growing seasons, soils, water and wildlife resources.

II. The historical contributions to the American cuisine have added to the characteristics of variety and complexity.

A. When the Pilgrims were driven by starvation they learned to adapt their diet to the native foods.

1. For the first Thanksgiving celebration, the Pilgrims stuffed wild turkey with cornbread and used roasted chestnuts and wild cranberries for accompaniments.

2. Acorn squash, one of the most authentic American foods, dates back to pre-Pilgrim Indians.

B. The settlers sought advice from the Indians.

1. The Indians taught the settlers to use corn and grind it into cornmeal.

2. The settlers followed the Indian method of growing corn and beans together; then cooked them together to create succotash.

3. The settlers substituted cornmeal for oatmeal. The substitution resulted in new dishes such as hasty pudding, a cooked cornmeal and winter mixture.

C. Food became an important part of hospitality and social life in the early years of this country.

1. Presidents Washington, Jefferson, and Madison established traditions of good food and dining in their political and personal lives.

2. President Jefferson gained a reputation as this country's first gourmet.

D. From the middle of the 19th century onward, the variety and freshness of American foods continued to develop.

1. Fruits were shipped in from the West Indies, Cuba, and Central America.

2. Fresh vegetables were shipped from the Southern states.

3. Canning was widely used during the Civil War and this method of preservation helped to develop and vary the American food habits even further.

E. In the 20th century the American bounty of food has multiplied in terms of quantity, quality, and variety.

1. New varieties of crops were developed with scientific techniques which have helped to improve the quality and quantity of food.

2. Animal husbandry also has developed as a science.

3. New methods of processing and transportation make food more available to people.

III. The American cuisine has emerged with some of its own distinguishing characteristics.

A. The American diet, from the Colonial days to the 19th century, was distinguished by its protein base, probably unequaled anywhere else in the world, except in New Zealand and Australia.

(NOTE: Fruit has been plentiful and the American taste for it still continues to grow. Beef was the most popular meat followed by pork, which could be raised and preserved easily, and chicken, which is inexpensive and plentiful.)

B. Corn was an important grain in American cookery and has been used in such foods as bread, muffins,

hominy, grits, mush, pudding, hoecakes, johnnycakes, and corn pone.

(NOTE: Currently more wheat-based products are eaten by people and corn is fed widely to animals.)

C. American cooks have become good bakers because for many years stores did not handle breads, especially in the rural areas.

1. The country has been blessed with rich harvests of grains which have been used to produce many kinds of flours.

(NOTE: A wide variety of flours are used today. The term flour generally refers to wheat flour. Other flours are distinguished by a prefix, e.g., oat flour, corn meal, rye flour.)

2. In the past homemakers set aside one day of the week for baking breads, pastries, and cookies.

D. Snacking and snack foods has become a full-fledged national folkway.

Snacking was believed to have been started with free lunch counters set up in bars in the 1800's to encourage drinking.

Fast food restaurants have promoted gobble, gulp and go food habits.

IV. Variety in the American cuisine has developed through differences in food preferences of various ethnic, racial and cultural groups.

(NOTE: There may be some variance in the spelling of the names of certain foods or dishes. There may also be some variance in the interpretation of the name. For example, chili will be interpreted as a pepper to those of Spanish heritage; to others the name will mean a meat dish; and to some it may mean a spicy sauce.)

A. Those of Spanish or Mexican-American heritage have some similar food habits.

1. In the milk and milk products food group some familiar foods include milk (fresh, dried, evaporated); cheese (Cheddar, Monterey Jack, Parmesan, cottage, Mexican cheese); and flan (very sweet custards, and ice cream).

2. In the meat food group some familiar foods include beef, pork, lamb, chicken, tripe, hot sausage, beef intestines, fish, bologna, frankfurters, eggs, nuts, dry beans (especially pinto), and chick peas.

3. In the fruits and vegetables food group some familiar foods include spinach, wild greens, tomatoes, carrots, yellow corn, pumpkin, peaches, chili peppers, green peppers, Guava fruit, oranges, lemons, limes, papaya, cactus leaves, potatoes, cabbage, cactus fruit, Zapote (fruit), radishes, summer squash, green beans, beets, celery and onions.

4. In the breads and cereals food group some familiar foods include rice, oats, cornmeal, corn flakes, thin spaghetti (Fideo), noodles, macaroni, sweet breads, tortilla, and biscuits.

B. Those of Chinese descent have some similar food habits.

1. In the milk and milk products food group a familiar food is milk (especially flavored).

2. In the meat food group some familiar foods include pork, fish and shellfish, duck, chicken, organ meats, eggs, soy beans, nuts, red beans, black beans, split peas, bean curd and pork sausage.

3. In the fruit and vegetable food group some familiar foods include bok choy (Chinese mustard greens), leafy greens, tomatoes, green pepper, Chinese cabbage, celery, snow or sugar peas, okra, summer squash, green beans, white turnips, mushrooms, eggplant, cucumbers, bamboo shoots and soybean sprouts.

4. In the bread and cereal food group some familiar foods include rice, millet, oats, wheat, rice cakes, noodles, macaroni, refined bread, rice noodles and rice flour.

C. Those of Japanese descent have some similar food habits.

1. In the meat group some familiar foods include pork, beef, fish, shellfish, chicken, soya beans, lima beans, Tofu (bean curd), eggs, and nuts.

2. In the fruit and vegetable food group some familiar foods include sweet potatoes, spinach, carrots, tomatoes, yellow squash, oranges, cabbage, potatoes, string beans, radishes, onions, turnips, eggplant, cucumber, pickled vegetables, mushrooms, and celery.

3. In the bread and cereal food group some familiar foods include rice, rice cakes, crackers, refined bread and noodles.

D. Those of Negro heritage have some similar food habits.

1. In the milk and milk products food group some familiar foods include fresh homogenized milk, buttermilk, evaporated milk, nonfat dry milk, ice cream; puddings, (bread, rice, chocolate, coconut); and cheese (Cheddar, cottage, longhorn, American).

2. In the meat food group some familiar foods include pork (fresh and cured), organ meats, Chitterlings (pork intestines), beef, lamb, tripe, chicken, turkey, duck, goose, fresh fish, tuna and salmon (canned), eggs, nuts, cow peas, blackeyed peas, chick peas, beans (navy, red, pinto), peanut butter, rabbit and venison.

3. In the fruit and vegetable food group some familiar foods include leafy greens (wild spinach, mustard, chard, beet tops, collards), tomatoes, sweet potato, carrots, pumpkin, yellow squash, green peppers, oranges, melons, strawberries, potatoes, turnips, radishes, grapes, bananas, peaches, fruit cocktail, pineapples, apples, string beans, mixed vegetables, beets, turnips, peas, onions, and corn.

4. In the bread and cereal food group some familiar foods include refined breads, hot yeast breads, cornbread, biscuits, pancakes, cream of wheat, grits, rice, cornflakes and other dry cereals.

E. Those of American Indian descent have some similar food habits.

1. In the milk and milk products food group some familiar foods include fresh and evaporated milk, ice cream and cream pies.

INFORMATION SHEET

2. In the meat food group some familiar foods include pork, beef, lamb, chicken, duck, turkey, goose, fish, shellfish, eggs, legumes (red, white, or black beans), blackeyed peas, sunflower seeds, California walnuts, acorns, pine nuts, peanut butter and rabbit.

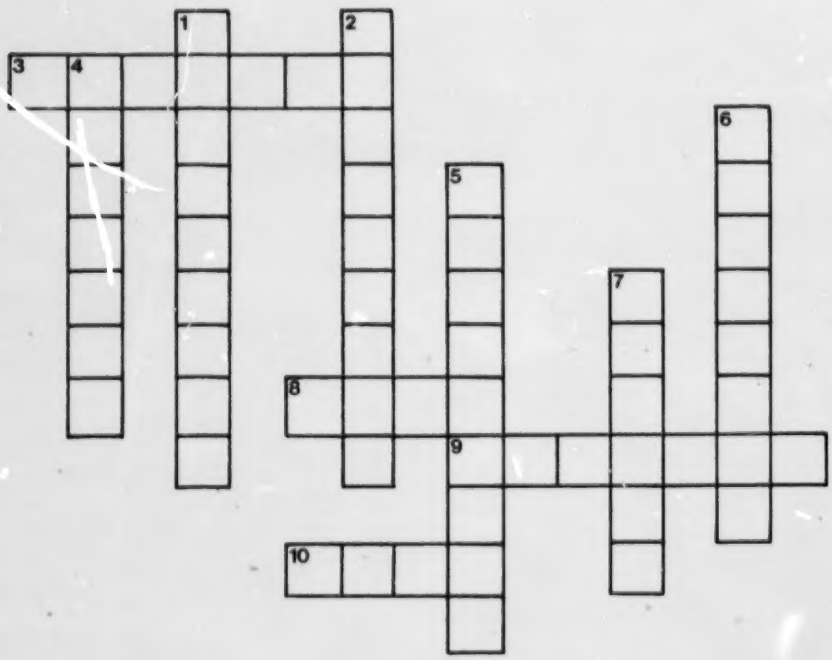
3. In the fruit and vegetable food group some familiar foods include tomatoes, pumpkin, carrots, yellow squash, leafy greens (dandelion, mustard) watercress, turnips, cabbage, oranges, grapefruit, melons, lemons, strawberries, potatoes, grapes, bananas, peaches, pears, fuit cocktail, apples, pineapples, green beans, beets, onions, cucumbers, eggplant, lettuce and corn.

4. In the bread and cereal food group some familiar foods include whole wheat bread, biscuits, cornbread, pancakes, cream of wheat, oatmeal, rice, and dry cereals.

AMERICA, A LAND OF BOUNTY
UNIT I

ASSIGNMENT SHEET #1--THE AMERICAN CUISINE CROSSWORD PUZZLE

Directions: The following puzzle is designed to assist in the study of the material in Unit I. Write the word(s) in the corresponding numbered blanks which best completes the sentence, thought or answers the question.



ACROSS

3. What has contributed to the increasing bounty in 20th century America?

8. A native American food and one of the principle grains in the diet.

9. Who taught the Pilgrims to adapt their diet?

10. What food contributes to an outstanding characteristic of the American diet from the Colonial days to the 19th century?

DOWN

1. One of the factors that has influenced the American food habit.

2. America's first gourmet.

4. Was widely used during the Civil War.

5. American cookery combined the food habits of the Indians and the _____.

6. A national folkway that is one of the distinguishing characteristics of the American cuisine.

7. A method for which American cooks have gained a reputation in rural areas and which is a distinguishing characteristic of the American cuisine.

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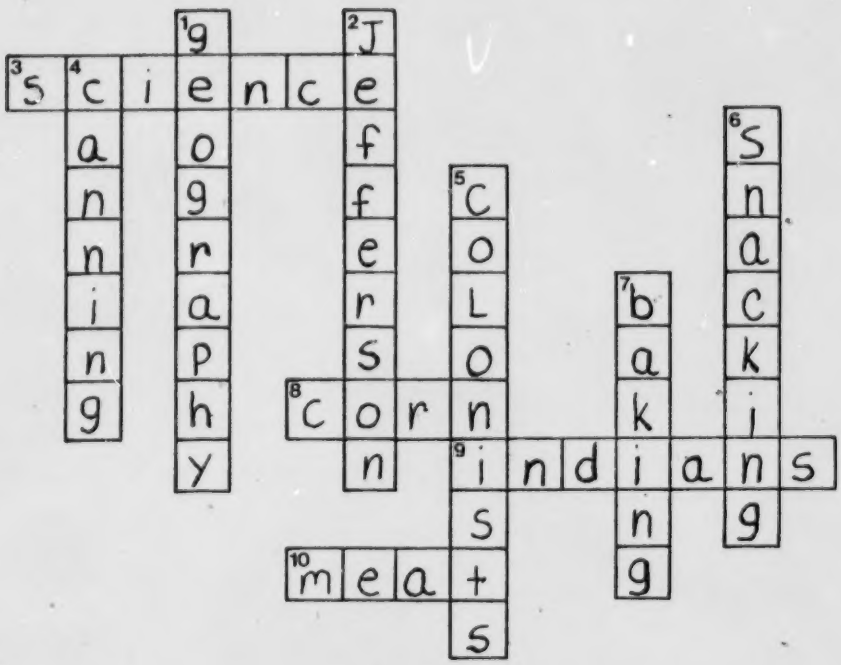
AMERICA, A LAND OF BOUNTY
UNIT I

ANSWERS TO ASSIGNMENT SHEET

ASSIGNMENT SHEET #1



Name_____

Class_____

Score_____

AMERICA, A LAND OF BOUNTY
UNIT I
UNIT TEST

Matching: Match the following list of preferred foods with their associated ethnic or cultural groups by placing the letter in the space to the left of the matching number.

	FOOD	ETHNIC OR CULTURAL GROUP
_____1.	flans or very sweet custards	A. American Indian
_____2.	pickled vegetables	B. Chinese
_____3.	sunflower seeds	C. Japanese
_____4.	soya beans or soya cake	D. Negro
_____5.	cactus leaves and fruit	E. Spanish and Mexican-American
_____6.	flavored milk	
_____7.	pork and pork intestines	
_____8.	sugar or snow peas	
_____9.	grits	
____10.	California walnuts and acorns	

Directions: The following are short answer and essay items. Briefly, write the answer or response as requested in the space provided following each item.

11-13. Identify three factors which have influenced the development of the American cuisine.

1.

2.

3.

14-18. Identify the five historical contributions to the American cuisine in their order of development.

1.

2.

3.

4.

5.

19-22. In a short paragraph describe the four characteristics which distinguish the American cuisine.

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AMERICA, A LAND OF BOUNTY
UNIT I

ANSWERS TO UNIT TEST

1. E
2. C
3. A
4. C
5. E
6. B
7. D
8. B
9. D
10. A

Short Answer and Essay:

11-13. See Information Sheet, Section I. The answer should include the three following points.

1. American cuisine began with contributions from American Indians and the Colonists.
2. Additions were made by many immigrants.
3. Food habits have been modified by a great variety of geographical features.

14-18. See Information Sheet, Section II. The answer should include the five historical contributions in the following order.

1. The Pilgrims learned to adapt their diet to native foods.
2. Indians taught settlers to use corn.
3. Food became an important part of social life and hospitality in the country's early years.
4. The variety and freshness of American foods developed from the middle of the 19th century onward.
5. The bounty of American foods has been multiplied in the 20th century by scientific advancements.

19-22. See Information Sheet, Section III. The paragraph should include the following important points.

1. A protein base of the diet probably unequaled anywhere else in the world except New Zealand and Australia.

2. Wheat is a principle grain in cooking.

3. American cooks are good bakers.

4. Snacking has become a national folkway.

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THE EASTERN PART OF THE COUNTRY
UNIT II

UNIT OBJECTIVE

After completion of this unit, the student should be able to identify the foods and food habits characteristic of the eastern areas of the United States and of the groups of people living in the area. This knowledge will be evidenced by scoring at least eighty-five percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the student should be able to:

1. Identify three foods popular in the New England States.
2. Identify three characteristic food habits of the Northeastern states.
3. Match foods most commonly associated with the Northeastern states.
4. Name four foods or dishes that are favorite foods in the Southern states.
5. Name four foods or dishes that are known as Soul Food, including the two most important foods of this group.
6. Name four foods or dishes associated with Creole and Acadian cuisine.
7. Name four foods that are associated with the "vittles" of the Ozark mountain region.
8. Identify three foods or dishes that are popular in Florida.

THE EASTERN PART OF THE COUNTRY
UNIT II

SUGGESTED ACTIVITIES

I. Instructor

A. Provide participants with objective sheet

B. Provide participants with information, assignment sheet and job sheets

C. Make transparencies

D. Discuss unit and specific objectives

E. Provide resources, materials and equipment for job sheets.

F. Prepare students to carry out job sheets and assignment sheets

G. Give unit test

H. Evaluate job sheets, assignment sheet and unit test

II. Students

A. Read objective sheet

B. Study information sheet

C. Study and complete job sheets

D. Complete assignment sheet

E. Take test

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objective sheet

B. Information sheet

C. Transparency masters

1. TM-1--The Northeastern & New England Regions

2. TM-2--The Southern Region

D. Assignment sheet

1. Assignment Sheet #2: Eastern Foods and Food Habits Roulette Game

E. Job sheets

1. Job Sheet #1--Persimmon Pudding

2. Job Sheet #2--Fruit Leather

F. Test

G. Answers to test

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THE EASTERN PART OF THE COUNTRY
UNIT II

INFORMATION SHEET

I. The food habits in the States of Maine, New Hampshire, Vermont, Massachusetts, Connecticut, Rhode Island and New York are strongly influenced by the climate and resources of the area.(TM 1, A.S.#2)

A. Boiled dinners are popular.

1. They probably orginated in the early days when the iron pot was the only cooking vessel in the home and all the meat and vegetables were cooked together in one pot.

2. A typical Cape Cod boiled dinner might feature salt cod with cream sauce accompanied by rutabagas, carrots, potatoes, beets, and fried salt pork.

B. Baked beans are frequently served as a combination of dried beans, salt pork, brown sugar, molasses or maple syrup, and they are a traditional dish for Saturday dinner or Sunday breakfast.

(NOTE: Baked beans are often prepared on Saturday because food is not cooked on the Sabbath. Beans are easy to prepare ahead of time.)

C. Fish is plentiful and is prepared by frying, baking, boiling, steaming or in chowders.

1. Poached Salmon is a traditional Fourth of July dish.

2. In the Spring in New York, Shad is popular and is frequently served with asparagus and early springtime vegetables.

D. Clams and oysters have been a long time favorite since the days of the Indians.

1. Oysters were one of the chief foods of the tribes of the Delaware Indians who lived in what is now New York.

2. In the latter half of the 19th century, oyster stands or bars were common throughout Manhattan.

3. Clam chowder is a great native American soup.

   a. New England Style includes salt pork, onions, potatoes, clams, and milk or cream.

   b. Manhattan style includes no milk but also contains tomatoes and celery.

4. Clams, oysters and scallops are still preferred broiled.

E. Squash is also popular and many varieties are served.

F. Cranberries and rhubarb are plentiful and used in a variety of dishes and accompaniments.

G. Maple syrup is produced in abundance and is used as a flavoring with many foods.

II. The foods and habits common to the Eastern States of Pennsylvania, New Jersey, Ohio, Indiana, Illinois and Michigan have been strongly influenced by a common culinary heritage.(TM 1)

1. The cooking is characterized by hearty foods, plain cooking, substantial meat dishes, dumplings, breads and pies.

2. The food habits of the Dutch, English and German colonists were carried westward by their descendents.

3. In the past, fish and game were found in abundance and the farms and orchards were productive.

III. The Pennsylvania Dutch of the Northeastern Region are of German descent and prefer hearty foods with a sweet and sour flavor.

1. The German influence can easily be detected in the use of pork, ham, sauerkraut, and cabbage.

2. Popular main dish soups are made of dried beans, peas and vegetables and are served with bread or hotcakes and potatoes, noodles or dumplings.

   a. Chicken Stoltzful is a smooth, creamy stew with baked pastry squares.

   b. Chicken corn soup is also popular.

3. Chicken is often served simmered in a well-seasoned broth and then placed between layers of noodles and sliced potatoes.

4. A popular main dish is Schnitz and Kneppe which is dried apple slices simmered with water, ham and tiny dumplings.

5. Scrabble is a dish which has bits of meat mixed with cornmeal and buckwheat simmered together for an hour and then put into cake tins to set. Later, it is cut into strips fried before eaten.

6. Dandelion greens are served with bacon bits and a hot dressing of vinegar, egg and sugar.

7. Funnel cakes are golden fried cakes made from a waffle-like batter poured into hot lard with a funnel-type tool.

8. Funnel cakes are often dipped in molasses and served with sausage.

9. The Pennsylvania Dutch have always been excellent bakers and potatoes play an important role in the baking process.

   a. The natural yeasts in the starchy potato water help to act as a starter and boost the fermentation processes.

   b. The potatoes also give greater body, moisture and keeping qualities to the baked products.

   c. Potatoes are used in the crumb topped kuchens or coffeecakes and in the fastnachts or doughnuts.

10. Saffron is a popular spice in Pennsylvania Dutch cooking.

IV. The farmlands and orchards of Indiana and Illinios are very productive and the meals in this area are hearty, a kind of "meat and potatoes belt."

1. The orchards produce many fruits and berries that are used in meals.
(NOTE: Almost half of the nation's apples are grown in this area. They were an important part of the early pioneer's diet and commonly eaten fresh, cooked, dried, or fermented to make cider, vinegar or applejack.)

a. Some delicious baked foods are made from the orchard's produce, such as apple muffins, peach custard and pear upside down cake.

b. Apples, pears and peaches are also transformed into many different ciders and wine.

c. Indian persimmon pudding is a popular country dessert made of eggs, sugar, flour, milk, persimmon pulp, baking soda and butter which is steamed or baked.

2. The farmlands produce abundant supplies of pork and vegetables to be used in the meals.

(NOTE: The farms of Illinois and Indiana produce one-fourth of the nation's corn and one-fifth of its pork.)

a. Barbecued pork is always popular. Pork and apples are served frequently in the fall. At Christmas, pork cake is a specialty. It is a moist spice cake made of sausage or chopped salt pork with brown sugar, molasses, flour, soda, raisins, citrus, and spices.

b. Corn roasts are popular as a summertime feast and the ears of corn are roasted by putting them directly into the fire or ashes or over the barbecue grill.

c. In addition to the corn which is a favorite, tomatoes, beets, carrots and peppers are popular vegetables.

d. Corncob jelly is an Indiana speciality.

V. Michigan is famed for its fish and game but the food habits of the state are varied.

1. Michigan has many varieties of fresh-water fish including trout, whitefish, Coho and Chinook salmon and smelt.

2. In Michigan's Upper Peninsula hunting is a way of life.

(NOTE: Muskrat, raccoon, rabbit, opossum and woodchuck are all prepared simply, e.g., braised, stewed or roasted. Venison is prepared in stews. Also, venison, rabbit, squirrel, or duck can be basic ingredients in a stew called booyaw or boolyaw. The meat's are cooked together with salt pork, onions, carrots and potatoes.)

3. Michigan also has many apple orchards and apple pie favorites are made from chunks of apples and have no bottom crust.

VI. Fine cooking and gracious dining are an important part of the traditions that united the southern states of the old Confederacy including Virginia, North Carolina, Georgia, South Carolina, Florida, Alabama, Mississippi, Tennessee, Arkansas, southern Missouri, Kentucky and West Virginia.(TM 2)

A. A hearty breakfast is an important part of the southern tradition.

1. A breakfast classic in the South is ham with red-eye gravy made from the juices of the ham.

2. Hot biscuits or grits are almost always included in breakfast in the South.

(NOTE: Other popular breakfast foods may include fried apples, Kentucky scrabble (scrambled eggs with fresh corn kernels and peppers garnished with bacon slices), sausage, bacon grits and fried mush.

B. The South is noted for hot breads, especially those made from cornmeal.

1. Beaten biscuits are made by pounding dough to beat air into it to make it light, a technique which developed before baking powder was available.

(NOTE: a variation of plain biscuits is twin biscuits which are cooked in pairs on top of each other with butter between them.)

2. Cornbread and cornsticks frequently appear in meals.

(NOTE: Other variations of cornbread include corn pones (a baked corn meal bread), hoecakes (made of meal and water and fried like pancakes), spoonbread (a souffle like cornmeal mixture which is served with a spoon and hot butter), and Johnny cakes (griddle fried cakes of cornmeal).

(NOTE: Johnny cake is believed to have come from the word journey cake.)

C. Fried Chicken is one of the South's most notable foods.

1. In Maryland, fried chicken is served with cream gravy which is either served separately or poured over the chicken.

2. A common accompaniment is chicken biscuits which are made by frying the biscuits in the fat remaining after frying the chicken.

D. Cured or country hams are also a classic in the South.

1. Virginia is noted for Smithfield hams which have a characteristic salty, smoky, spicy flavor.

(NOTE: Smithfield hams come from poor hogs that have been peanut fed for part of their lives. Tennessee and Kentucky hams have a richer, sweeter flavor than Smithfield hams.)

2. Classic accompaniments for ham are brandied peaches, watermelon preserves, and beaten biscuits.

E. Corn pudding is a Southern speciality and is a custard-like mixture of creamed corn, butter, eggs and milk.

F. The Carolina shoreline produces many notable seafoods.

(NOTE: She-crab soup is a delicacy in the area and oyster roasts are a popular pastime.)

G. Maryland is also noted for its seafood.

1. Terrapin stew is a culinary tradition made by boiling and chopping the terrapin meat and cooking it with the terrapin liver and eggs.

2. Crab cakes are a mixture of crabmeat held together with egg and browned.

(NOTE: Steamed crabs, crab boils, clams, oysters, lobsters and scallops are also popular.)

H. Open-faced, single crust pies are a favorite dessert in the South and include such varieties as pecan, black-bottom, sweet potato and peach.

I. Ambrosia, an orange dessert, is traditionally served on Christmas day in the South.

J. Christmas in the South features desserts of rum and bourbon flavor.

(NOTE: Eggnog or "custard" is flavored with rum and bourbon. Bourbon balls are favorite candies. Fruit and rum cakes are also traditional holiday desserts.)

K. The hot summers in the South led to the development of many cool drinks including colas, mint juleps, iced tea served with mint leaves and buttermilk.

VII. Soul food developed in the South is an Afro-American invention.

A. It was NOT brought over from Africa.

B. It was invented out of necessity and reflects the resourcefulness of taking leftovers and any handy edible ingredient to make highly distinctive dishes.

C. Pork is the most important food in Soul food, and the saying that every part of the pig is used is true.

D. The second major kind of food is greens which grow in profusion in the South and include turnip, mustard, collard, kale, dandelion and spinach.

E. Corn is another common ingredient which is turned into hominy, grits and cornmeal.

F. Other common ingredients include chicken, catfish, black-eyed peas, sweet potatoes, molasses and African spices.

G. Soul food frequently contains a "pot-likker" which is a rich, nourishing liquid that remains after the greens and pork have been cooked together.

H. Classic dishes include cornbread, spareribs, chitterlings; fried chicken; and pig's feet, tails and ears.

I. Common vegetables include black-eyed peas and collard greens which are simmered with bacon slab, salt pork, ham hocks or ham bone.

J. Okra, corn and tomatoes are stewed together with bacon slab slices.

K. Catfish stew includes catfish fillets, onions, tomatoes, potatoes and bacon seasoned with Worchestershire, Tobasco and pepper.

L. Some characteristic desserts include banana pudding and sweet potato pie.

1. Sweet potato pie is made from boiled and sieved sweet potatoes mixed with eggs, milk, sugar, cinnamon and ginger.

2. Banana pudding is made with layers of vanilla wafers, bananas and custard.

VIII. Louisiana is noted for its Creole and Acadian cuisine which includes a distinctive blend of tastes from French, Spanish, Anglo-Saxon, African and Indian influences.

A. Acadian cookery is sometimes a little spicier than Creole; while Acadians usually put all of the ingredients into one big pot, the Creole cooks often prepare them separately.

B. A traditional breakfast would include rice cakes called calas served with cane syrup, strawberries, Creole cream cheese and the basic breakfast beverage, cafe au lait.

(NOTE: Other breakfast favorites include cafe au lait (a mixture of half coffee and half warm milk), and cala (deep fried breakfast cakes made of rice dough)).

C. Grillades and grits are also a basic breakfast dish.

(NOTE: The grillades are veal round steak braised in an onion, green pepper, celery, tomato and garlic sauce. The grits develop a zesty flavor as they soak up the sauce.)

D. Eggs hussarde made of eggs, tomato and two separate sauces is a lavish breakfast dish.

E. A mid-morning snack is Beignet, a creole pastry which is chewy, fried dough served sprinkled with powdered sugar.

F. Rice is a staple in Creole and Acadian cookery.

G. Many Creole and Acadian dishes begin with a brown roux which is a mixture of flour and fat blended and browned over low heat.

H. Tobasco sauce frequently used in Creole and Acadian cooking, is made in Louisiana from peppers that undergo a three year processing period.

I. Creole coffee served with many meals is made from darker than normal coffee mixed with roast chickory root.

(NOTE: Chickory root is a carrot like plant that is roasted and combined with coffee for flavor. Creole coffee is always prepared in drip pots.)

J. Herbsaint is an anise flavored liqueur popular in Louisiana.

K. Gumbo in one of the most notable dishes which is a kind of spicy and thick soup-stew made of fish or shellfish, poultry, game, meats and vegetables in a variety of combinations.

(NOTE: Creole is thickened with either okra or file powder. The powder is made from ground and dried sassafras leaves. Gumbo is the African word for okra.)

L. Jambalaya is a classic highly seasoned stew made of a combination of such ingredients as seafood, meat, poultry and vegetables cooked with rice.

(NOTE: One of the most common variations is jambalaya made with shrimp and ham accented with tomatoes and spices.)

M. Shrimp creole is another notable dish made with shrimp that is simmered with celery, onions, green pepper, garlic and red pepper and traditionally served with rice.

N. Boiled crayfish is a popular food.

O. On Monday, red beans and rice are traditionally served.

(NOTE: The Sunday ham leftovers are simmered with beans and are served ladled over rice and sprinkled with scallions. A green salad is the traditional accompaniment.)

P. Petits fours are an elegant confection in Creole cuisine.

Q. An Acadian confection called "pig's ears" is made as the pastry is twirled and folded while frying and then served topped with a mixture of cane syrup and chopped nuts.

R. Hot bread pudding containing French bread, eggs, milk, sugar, vanilla and raisins covered with a rich buttery whiskey sauce is a famous dessert.

S. New Orleans is famed for its Mardi Gras festival.

(NOTE: King's Cake is traditionally served on Twelfth Night at the start of carnival season. The cake is made of a rich yeast dough and citron and is brightly decorated in carnival colors.)

T. For Acadians, butchering and processing a hog becomes a traditional social event.

1. The resulting foods such as headcheese, blood sausage, white sausage, "cracklins", and backbone stew form the basics for the feast that follows.

2. Pig's stomach stuffed with ground pork, onion and garlic is served with pork gravy and is a popular part of the celebration.

IX. The food or "vittles" of the Ozark mountains of southern Missouri and northern Arkansas has a robust flavor. (J.S.#1&2)

A. Pork from hogs that have been allowed to eat acorns from the mountain woods is a favorite.

B. Hams are sugar cured rather than salt cured like those of Virginia, Kentucky and Tennessee.

C. Fried chicken is a Sunday special.

D. Wild game such as raccoon and 'possum is parboiled or baked.

E. Wild greens are a staple and include watercress, dandelion, and poke.

F. Sorghum molasses is served with hot biscuits and used as seasoning in cooking.

G. The wild fruit, persimmon, can be transformed into a spicy pudding or a fruit leather.

H. Sassafras tea is made by boiling the roots or bark of the sassafras tree.

X. Florida, with its warm climate and long shoreline has an abundance of citrus fruits, vegetables, and fish. These geographic features have resulted in some unique Southern food habits.

A. A rather special fish, the pompano, is a gastronomic favorite in Florida.

(NOTE: Red snapper, stone crabs, green-turtle steak (made from pan-fried Caribbean turtles) and coach chowder (made from a mollusk living on the shoreline and coral reefs) are popular dishes. The chowder is made with onions, tomatoes and seasonings.)

INFORMATION SHEET

B. Egg plant, often locally produced, is fried, marinated or used in casseroles and pies.

C. Fresh hearts of palm (sometimes called "swamp cabbage") is a delicacy made from the bud or core of the trunk of the palm tree.

D. Key lime pie is made from juicy, small, tart limes.

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THE NORTH EASTERN & NEW ENGLAND REGIONS

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TM 1

THE SOUTHERN REGION

TM 2

ASSIGNMENT SHEET #2: EASTERN FOODS AND FOOD HABITS ROULETTE GAME

Number of Players: 3 to 6 players, 1 banker

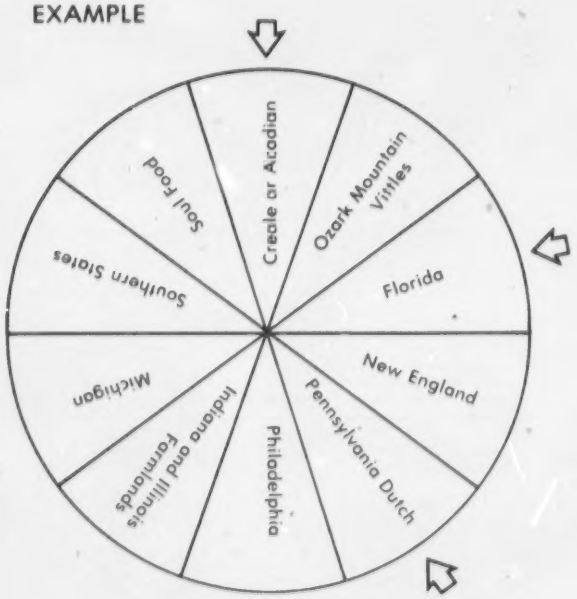
Game Materials: Plastic turntable (lazy susan) for "roulette wheel". Cut a circle to fit the turntable from construction paper. Draw lines to divide chart into sections. Write the names of the regions or groups of people on chart. Cut arrows from construction paper. Make several chips in two sizes (3" and 5") by cutting 1/2 inch wide strips from index cards.

How to Play: Place the "roulette wheel" in the center of the table. Tape an arrow to the table for each player at various points around the wheel. The banker spins the wheel lightly. When the wheel stops, the first player on the banker's left answers the two questions.

Style of Questions: 1. What is a popular or distinctive food in this area or among a group of people?
2. Describe the food or food habits of this group.

The banker gives each player a short chip (3") for correctly answering the first question, a long chip (5") for correctly answering both questions. Short chips count 5 points, long chips 10 points. The banker then spins the wheel for the next player and the game continues in this manner. The player with the most chips or points wins.

EXAMPLE



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REGIONAL AND AMERICAN FOODS
UNIT II

JOB SHEET #1: PERSIMMON PUDDING

I. Equipment:

A. Colander

B. Large mixing bowl

C. Measuring spoons

D. 8X8X2 cake pan, greased

II. Supplies:

1 liter or 1 quart milk

250 ml or 1 cup persimmon pulp (1 cup or 250 ml pumpkin may be substituted if persimmons are unavailable)

250 ml or 1 cup flour

3 eggs

125 ml or 1/2 cup sugar

5 ml or 1 teaspoon baking powder

2.5 ml or 1/2 teaspoon salt

III. Procedure:

A. Rub raw unpeeled persimmons through a colander or Food Mill until 1 cup (250 ml) of pulp is obtained.

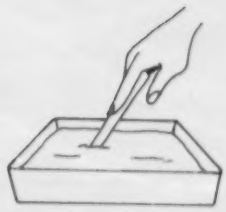
B. Beat eggs in a large bowl until frothy; add milk, sugar and persimmon pulp; beat until smooth.

C. Sift flour, salt and baking powder together and add to the first mixture.

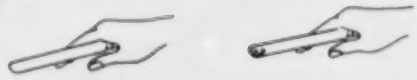
D. Beat mixture until smooth.

E. Pour mixture into a greased pan.

F. Bake in moderate oven, 350°F (176°C) for approximately 45 minutes to one hour.



(NOTE: Test degree of doneness by inserting the tip of a knife into the center of the pudding. If the knife comes out clean, the pudding is done.)



SHOULD BE SHOULDN'T BE

G. Serve warm.

IV. Product Evaluation:

Directions: Place a check in each space to indicate whether the pudding possesses each of the following characteristics. Your teacher will also evaluate your product and compare his/her evaluations with you.

Check Form:

Characteristic	Personal Evaluation	Teacher Evaluation
The persimmon pudding should have:		
An orange color		
A firm texture		
A custard-like consistency		
A fruity-like taste		

REGIONAL AND AMERICAN FOODS
UNIT II

JOB SHEET #2: FRUIT LEATHER

I. Equipment:

A. Blender

B. Jelly roll baking pan, greased

II. Supplies:

1 liter or 1 quart apples, apricots, persimmons, peaches or berries can be used.

III. Procedure:

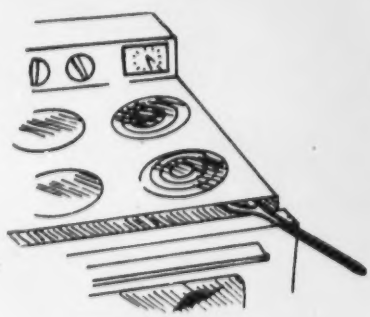
A. Wash the fruit, remove cores, stems or pits depending upon which fruit is used.

B. Place 1 cup, or 250 ml, of water in the blender; add 1 quart, or 1 liter, of the prepared fruit and puree until smooth.

C. Spread pureed mixture on greased jelly role pan to about 1/4 inch, or 3 dm, thickness.

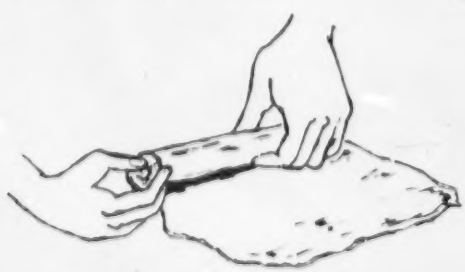
D. Place pan in oven and set at 100-160°F (37-71°C);

(NOTE: With an electric range, place a wooden spoon in the door to hold it ajar so that the temperature tends to remain constant and fruit is dried, not baked. The procedure does not apply to gas ranges since there is greater air circulation in gas ranges.)



E. When dry, roll up the total piece of leather, scroll fashion. Cut into small slices to eat.

(NOTE: Leather should be chewy.)



IV. Product Evaluation:

Directions: Place a check in each space to indicate whether the leather possesses each of the following characteristics. Your teacher will also evaluate your product and compare his/her evaluations with you.

Check Form:

Characteristic	Personal Evaluation	Teacher Evaluation
The fruit leather should be:		
Smooth in texture		
Slightly moist		
Fruit-like flavor		
Easy to roll		

Name_____

Class_____

Score_____

THE EASTERN PART OF THE COUNTRY
UNIT II

UNIT TEST

Multiple Choice: Read all of the responses for the items. Choose the best answer or response and place its letter in the space provided to the left of the number.

_____1. Which of the following is NOT a popular food in the New England States?

A. Baked beans
B. Squash
C. Lime pie
D. Boiled dinners

_____2. Which of the following is NOT characteristic of the food habits of the Northeastern and Central Farmland States?

A. Abundance of fish and game
B. Substantial meat dishes
C. Plain cooking
D. Many cool drinks

_____3. Which of the following is NOT a popular food or dish in Florida?

A. Fish such as pompano and red snapper
B. Pepper Pot soup
C. Green-turtle steak
D. Hearts of palm or "swamp cabbage"

UNIT II

UNIT TEST

Matching: Match the following list of foods on the left with the geographic area or people with which it is associated. Place the matching letter in the space provided to the left of the number.

FOOD	PEOPLE OR AREA
_____4. Funnel cakes	A. Pennsylvania Dutch
_____5. Corn-cob jelly	B. Philadelphia
_____6. Snapper or turtle soup	C. Eastern farmlands
_____7. Scrabble	D. Michigan
_____8. Venison and venison stew	
_____9. Pork cake, a Christmas specialty	
____10. Sticky buns	
____11. Fried apple pie	
____12. Persimmon Pudding	
____13. Apple pies, without bottom crust	

Short Answer: In the space provided, write the requested answer to the statement.

14-17. Name four foods that are classic or most notable in the southern states.

1.

2.

3.

4.

18-21. Name four foods of dishes that are known as Soul Food, including the two most important.

1.

2.

3.

4.

UNIT II

UNIT TEST

22-25. Name four foods or dishes associated with the Creole or Acadian cuisine.

1.

2.

3.

4.

26-29. Name four foods that are associated with the vittles of the Ozark mountain region.

1.

2.

3.

4.

THE EASTERN PART OF THE COUNTRY
UNIT II

ANSWERS TO UNIT TEST

Multiple Choice

1. C
2. D
3. B

Matching

4. A
5. C
6. B
7. A
8. D
9. C
10. B
11. C
12. C
13. D

Short Answers

14-17. See Information Sheet, Section VI. Responses should include four of the following:

hot breads
fried chicken
cured or country hams
corn pudding
seafood, especially in Maryland and the Carolinas
open-faced, single crust pies
bourbon or rum flavored desserts
ambrosia
cool drinks

18-21. See Information Sheet, Section VII. The answer should include:

pork and greens
and any other two of the following:

corn--hominy, grits or cornmeal
"pot likker"
spareribs
Chitterlings
fried chicken
pigs feet, tails and ears
black eyed peas

greens

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ANSWERS TO UNIT TEST

okra
tomatoes
catfish stew
banana pudding
sweet potato pie

22-25. See Information Sheet, Section VIII. The answer should include any four of the following:

rice cakes or calas
Creole cream cheese
cafe au lait
grillades
grits
eggs hussarde
Beignet
rice
tobasco sauce
coffee with chickory
Herbsaint
Gumbo
Jambalaya
Crayfish
Red beans and rice
Petits fours
pig's ear pastries
hot bread pudding
Chaudin or stuffed pig's stomach

26-29. See Information Sheet, Section IX. The answers should include any four of the following:

Pork
Hams, sugar-cured
Fried Chicken
Wild game--raccoon or 'possom
wild greens--watercress, dandelion and poke
sorghum molasses and hot biscuits
persimmons
sassafras tea

THE WESTERN PART OF THE COUNTRY
UNIT III

UNIT OBJECTIVE

After completion of this unit, the student should be able to identify the foods and food habits which are characteristic of the western areas of the United States and some of the groups of people living in those areas. This knowledge will be evidenced by scoring at least eighty-five percent on the unit test.

SPECIFIC OBJECTIVES

After completion of this unit, the student should be able to:

1. (In a short paragraph) name at least four common foods or dishes.
2. Name and describe two methods of food preservation used by the pioneers in the Southwest region.
3. (In a short paragraph) name and describe two foods and one method of food preparation contributed by the Indian cultures of the Southwest region.
4. Name two Mexican foods popular in the Southwest region.
5. Describe one food habit or practice of the Mormon population in Utah and the Southwest region.
6. Distinguish between six foods and food habits that are popular in Texas and California.
7. Identify three foods popular in the Pacific area of the Northwest region.
8. Match five popular foreign foods in the Midwest states with their country or origin.
9. Name four foods popular in Alaska.

THE WESTERN PART OF THE COUNTRY
UNIT III

SUGGESTED ACTIVITIES

I. Instructor

A. Provide participants with objective sheet

B. Provide participants with information and assignment sheet

C. Make transparencies

D. Discuss unit and specific objectives

E. Discuss information and assignment sheets

F. Give unit test

G. Evaluate assignment sheet and unit test

II. Students

A. Read objective sheet

B. Study information sheet

C. Complete assignment sheet

D. Take test

INSTRUCTIONAL MATERIALS

I. Included in this unit

A. Objective sheet

B. Information sheet

C. Transparency masters

1. TM-3--The Southwest Region

2. TM-4--The Northwest Region

D. Assignment sheet

1. Assignment Sheet #3: The Foods of Western U. S. Crossword Puzzle

E. Answers to assignment sheet

F. Test

G. Answers to test

THE WESTERN PART OF THE COUNTRY
UNIT III

INFORMATION SHEET

I. The foods of the Southwest and states of Texas, Arizona, Kansas, Oklahoma, Colorado, Utah, Nevada and California reflect hearty pioneer traditions.

A. Pioneer breakfasts were hearty meals and today breakfast continues to be a big meal with typical foods including fried eggs, hash brown potatoes, pancakes, toast, jam and coffee.

B. Typical pioneer meals might have been baked beans with salt pork and molasses, chicken pot pie with biscuits or a mashed potato topping and stewed hen.

C. Corn and wheat were important crops and were used in many foods.

D. Green beans, pumpkin strips and rhubarb were dried in the sun, and the root vegetables were stored in straw and dirt in earthen cellars and pits to provide food throughout the year.

E. Jerky of long thin strips of dried beef was a staple in pioneer days and appears today in many forms at local supermarkets.

II. The Indian cultures contributed many foods and food habits to the settlers of the Southwest region.

A. The ancient method of barbecuing food was practiced by Indians who cooked meat, often covered with green leaves, over hot coals or stones set in a hole in the ground.

(NOTE: The word barbecue is believed to have come from the Spanish word barbocoa.

1. Many barbecues are still made by cooking food in a pit dug in the ground and lined with hot coals.

(NOTE: The meat is rubbed with salt, wrapped in cloth sacks, placed in the pit, covered with earth and left to cook for 8 hours or more. The meat cooked this way is tender and has a distinctive flavor.)

2. Sausage, spareribs, and chicken are foods that are frequently barbecued today throughout the Southwest.

3. Baked beans, cole slaw, potato salad, onion rings, sourdough bread and beer are the frequent accompaniments.

B. The Indians used a small tomato-like berry called Chile tepin in their cooking and the strong spice is still used today in beans, spaghetti, cornbread and potato salad throughout the region.

C. A popular Indian meal is fried bread and mutton stew.

1. The stew is made from mutton, potatoes and sometimes carrot and green pepper.

2. The fried bread is made in flat, round cakes and deep fried into crispy puffs.

D. Another popular Indian food is thinly rolled piki bread which is made from roasted blue corn which is ground and crushed and the batter is then spread over a hot stone greased with sheep's brains.

(NOTE: Sheep's brains contain a fatty substance similar to that used in spray or vegetable coatings available in the supermarket.)

E. An ancient Indian food which is still available is chicos or sun-dried grains of sweet corn which are soaked and boiled resulting in a taste much like the fresh corn.

III. Mexican food is widely popular in the Southwestern states.

A. Some favorite Mexican dishes include enchiladas, tacos, tostadoes, chalupas and beans.

B. The Mexican tortillas are a popular bread in the Southwest.

C. A Mexican breakfast dish popular in Texas is huevos rancheros or ranch-style eggs which are made by placing two fried eggs on a tortilla and covering it with a tomato sauce called salsa ranchera.

D. A standard food in Mexican cooking and throughout the Southwest is chilies.

E. An alternative to the Indian style barbecue is the traditional Mexican style barbecue.

(NOTE: The food is placed on a grid of iron bars of heavy wire supported over a box of hot coals. Because of the distance from the heat, the meat cooks slowly. A typical meat prepared by this method is lamb or rabbit.)

IV. The majority of people who live in Utah are Mormons and they have influenced the diets in the area.

A. A Mormon practice is to store a year's supply of food which is rotated so that none gets too old.

B. Baking bread is another old-time custom encouraged by the Church and includes such products as whole wheat bread served with honey and molasses.

C. The Church forbids alcoholic beverages, coffee and tea in the diet.

D. Sour cream raisin pie topped with a fluffy meringue and red cabbage has been contributed to the diet by the German converts.

E. A traditional Mormon casserole is lima beans and pork sausage seasoned with chili powder.

V. People from Texas and California have contributed some interesting foods and food habits to those of the Southwest region.

A. The food in Texas is diverse.

1. A Texas delicacy that has become widely popular is the chicken-fried steak.

2. In the early days, ranchers lived largely on hot breads, pinto beans, and chicken-fried steak.

3. Fresh vegetables such as cucumbers, tomatoes, and peppers are available in Texas year round and are frequently used in meals.

4. A Texas specialty, chili jelly, which is made of chopped chilies, vinegar, sugar and pectin is often served with meat.

5. Popular pecan sweets loved by Texans, include tiny tarts called tassiers, pecan cake, pecan and orange bread, and the pecan and raisin pie called Osgood pie.

B. California produces a great variety and abundance of foods.

1. Irrigation has assisted Califonia to grow a wide variety of fruits and vegetables including oranges, lemons, figs, walnuts, almonds, peaches, plums, apricots and nectarines.

2. Dates are an important crop and are eaten alone like candy, or combined in milk shakes and in many pastries and confections.

3. Olives are also plentiful and used as appetizers in salads, mixed with cheese and egg dishes, and baked in olive bread, a kind of biscuit.

4. Citrus fruit is bountiful and it is used by many Californians in many foods ranging from candies to breads and even in meat dishes.

5. Greens and vegetables are plentiful and so are the salads made from them.

(NOTE: The Caesar Salad is a California creation. Salads often are expanded into full-sized meals.)

6. Californians love young, tender vegetables with their meals.

7. San Francisco is noted for its many fine restaurants and for its famous sourdough bread.

8. The long Pacific coastline produces many varieties of fish and seafood.

a. Popular varieties include tuna, sole, grunion, crab and clams.

b. California's most famous crab dish is cioppino, a seafood stew of shellfish, tomatoes, garlic and olive oil.

9. California also produces many varieties of fine wines.

VI. The cooking and foods of the Pacific Northwest including the states of Alaska, Washington, Oregon, Idaho, Montana, Wyoming, have a fresh flavor.(TM 4)

A. Fruits and vegetables are plentiful, especially in the Pacific Northwest.

1. Baked apples are popular for breakfast.

2. Farmhouse salad is a speciality that contains dried red Delicious apples, sliced green grapes, bits of pineapple, raisins, peanuts, sweet relish and is served with an oil and tomato dressing.

3. Apples, pears, cherries and other fruits are often added to cakes, cookies and bread. Boysenberry pie is also a popular dessert in the Pacific Northwest.

4. Some of the apple varieties produced in the Pacific Northwest include the red Delicious, golden Delicious, Winesap, and Rome Beauty. Pears are also an important crop in the Pacific Northwest.

5. Mixed fresh fruits are served with yellow rice seasoned with saffron and curry sauce.

6. Green beans, sweet red onions and lentils are three important vegetables in the Pacific Northwest.

a. The beans and onions are combined in a green bean salad that is popular.

b. Lentils are transformed into a cold creamy soup.

B. Roast beef with Yorkshire pudding is a popular main dish in the Pacific Northwest.

C. The coast of the Pacific Northwest offers many forms of seafood, including clams, oysters, crabs, shrimp, and many kinds of fish.

1. Clams combined with sweet corn can produce a creamy chowder or a light souffle.

2. Halibut, sole, cod, (salt water fish) and smelt (fresh water fish) are commonly served.

3. Kelp, a tubular seaweed, is pickled to produce a crisp and spicy pickle, much like watermelon rind pickles.

4. Salmon is an important fish and is the basis in many dishes.

(NOTE: Barbecued salmon is a tradition in Washington State. It can also be boiled, pickled or salted, one of the oldest methods for preserving fish.)

D. Alaska has some of the most distinctive of foods in the region.

1. Tangy sourdough bread is traditionally served in many meals in Alaska.

2. Game, fish and berries are still plentiful and a meal might consist of king crab legs, cranberry catsup, reindeer salami, and fiddlehead ferns.

(NOTE: Fiddlehead ferns are the cut fuzzy head of the curled sprouts unwinding from the ground and are the first vegetable of the year.)

3. In the short summers, Alaskans raise produce including rhubarb, radishes, carrots, beets, potatoes, peas, salad greens, broccoli, and cauliflower.

4. Roast saddle of caribou is served with thick gravy and mashed brown potatoes. Moose is also served in a variety of dishes.

5. Raspberry shortcake is a delicacy.

6. Sauteed mushrooms are also popular as are marinated mushrooms.

VII. The area encompassing the six states of Wisconsin, Minnesota, Nebraska, Iowa and the Dakotas is the best place to find the cooking of many countries meshed with the typical foods.

A. The mixing of a variety of food has resulted from the many immigrants and their descendents in the area from Scandinavia and Europe.

B. The Bohemian pastry Kolać, a circle pastry dotted in the center with prune butter, apricot jam, sour cherries or nutmeat, is popular.

C. Czech poppy seed cake is frequently served in the midwest.

D. The Scandinavian smorgasbord has spread in popularity throughout the area.

E The Danish sweet bread, Kringle, is well liked by many people in the area.

F. The German influence is also seen in the popularity of the pastry called Kuchen. The Swiss Americans used dried pears and plums to make the spicy Kuchen Pastry.

G. The German influence is also seen in the use of sausages and in the spareribs stuffed with apples and prunes.

H. Fresh water fish are also available throughout the region in the rivers, streams and in the Great Lakes.

1. The best fresh water fish is trout which is commonly fried.

2. The smelt fry is a great institution around the Great Lakes.

I. Game is abundant in the area.

(NOTE: Typical dishes prepared with wild game include: venison baked in sherry wine, squirrel stewed with onions and fried or roasted quail or pheasant.)

INFORMATION SHEET

J. Wisconsin produces some of the country's finest cheeses.

(NOTE: Popular varieties include Cheddar, brick, Munster, longhorn and Gouda cheeses. Liederkranz and brick cheeses are of the American origin.)

THE SOUTHWEST REGION

THE NORTHWEST REGION

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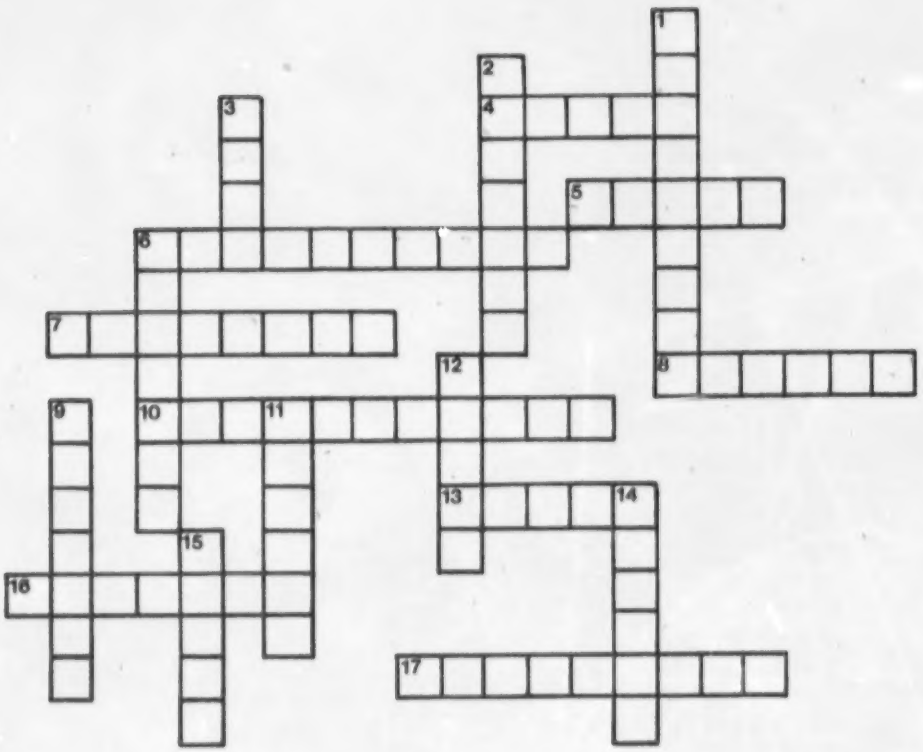
TM 4

THE WESTERN PART OF THE COUNTRY
UNIT III

ASSIGNMENT SHEET #3 -THE FOODS OF WESTERN U.S. CROSSWORD PUZZLE

Directions: The following puzzle is designed to help you study the material in Unit III. Write the word (s) in the corresponding numbered blanks which best completes the sentence, thought, or answers the question.



ACROSS

4. Chili jelly is popular in this place.

5. In Alaska, Fiddlehead _____ are the first fresh vegetable of the year.

6. A small tomato-like berry and strong spice used by the Indians.

7. This method of cooking food was first practiced by the Indians.

8. This food is popular among Californians and is often expanded into a full-sized meal.

10. A pie which is a popular dessert in the Pacific Northwest.

13. A Bohemian circle pastry dotted in the center with prune butter, apricot jam, sour cherries or nutmeats popular in the Midwest.

16. Mexican style barbecued lamb is called _____.

17. A type of bread popular in Alaska.

DOWN

1. Sautéed and marinated _____ are popular in Alaska.

2. A Mormon practice is that of _____ food for a year.

3. An Indian thinly rolled bread made from a batter of ground blue corn spread over a hot stone.

6. Roast saddle of _____ is popular in Alaska.

9. Pioneers stored root vegetables in earthen _____.

11. A popular fish in the Pacific Northwest.

12. Long thin strips of dried beef which was a staple in pioneer days.

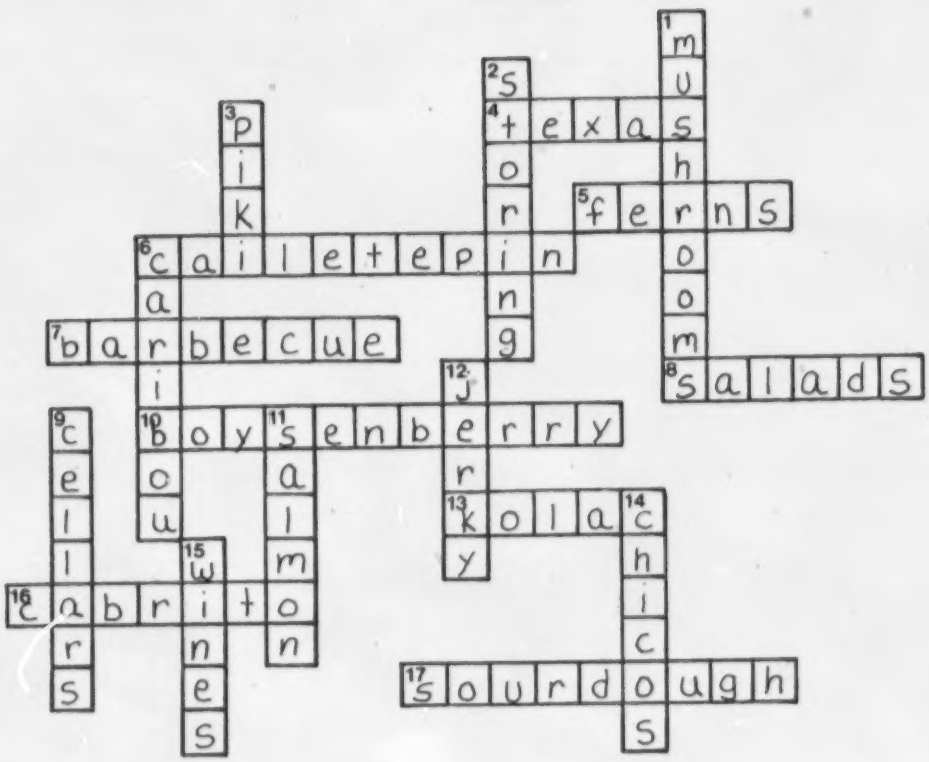
14. An ancient Indian food of sun-dried grains of sweet corn which are soaked and boiled resulting in a taste much like fresh corn.

15. California is famed for its many varieties of fine _____.

THE WESTERN PART OF THE COUNTRY
UNIT III

ANSWERS TO ASSIGNMENT SHEET

ASSIGNMENT SHEET #3



Name_____

Class_____

Score_____

THE WESTERN PART OF THE COUNTRY
UNIT III

UNIT TEST

Matching; Match the following list of foods on the left that are popular in the Midwest with their country of origin on the right. Write the letter of the matching country in the space provided to the left of the numbers.

	FOOD	ORIGIN
_____1.	Poppy seed cake	A. Bohemian or Czech
_____2.	Pastry called Kolác	B. German
_____3.	Smorgasbord	C. Scandinavian
_____4.	Spareribs stuffed with apples and prunes	D. Swiss

Directions: Distinguish among the following goods on the left those that are popular in Texas and those that are popular in California. In the space provided to the left of the numbers write the letter of the matching response.

	FOOD	STATE
_____5.	Cioppino, a seafood stew	A. Texas
_____6.	chicken fried steak	B. California
_____7.	Caesar salad	
_____8.	chili jelly	
_____9.	Wines	
____10.	Osgood pie, a pecan and raisin pie	

UNIT III
UNIT TEST

Selection:

Directions: In the following lists of foods, circle the letter of the two foods NOT popular in the Pacific Northwest.

A. Boysenberry pie

B. Lamb Stew

C. Roast beef and Yorkshire pudding

D. Salmon

E. Roast Canadian goose stuffed with chestnuts

F. Date pudding

Short Answer and Essay:

Directions: The following are short answer or essay questions. Briefly write the answer or response as requested in the space provided following each item.

14-15. Name two Mexican foods popular in the Southwest region.

_____

_____

16-19. Name four foods popular in Alaska.

_____

_____

_____

_____

20. In one sentence describe one food habit or practice of the Mormons in the Southwest region.

UNIT III
UNIT TEST

21-26. In a short paragraph name at least four common foods or dishes and two methods of food preservation used by the pioneers in the Southwest region.

27-31. In a short paragraph name and describe two foods and one method of food preparation contributed by the Indian cultures of the Southwest region.

ANSWERS TO UNIT TEST

Matching:

1. A
2. A
3. C
4. B
5. B
6. A
7. B
8. A
9. B
10. A

Selection:

12-13. B
F

Short Answer and Essay:

14-15. See Information Sheet, Section III.
The response should include any two of the following:

enchiladas
tacos
chalupas
beans
tortillas
huevos rancheros or ranch-style eggs
cabrito

16-19. See Information Sheet, Section VIII.
The response should include any four of the following:

sourdough bread
game
berries
fiddlehead ferns
rhubarb
carrots
beets
potatoes
peas
salad greens
broccoli
cauliflower
roast saddle of caribou
deep dish blueberry pie
sourdough pancakes
raspberry shortcake
moose
lingonberry relish
sauteed mushrooms

ANSWERS TO UNIT TEST
UNIT III

20. See Information Sheet, Section IV. The sentence should include one of the following points.

A Mormon practice is to store a year's supply of food which is rotated so that none gets too old.

Baking bread is another old-time custom encouraged by the Church and includes such products as whole wheat bread served with honey and molasses.

The Church forbids alcoholic beverages, coffee and tea in the diet.

Sour cream raisin pie topped with fluffy meringue and red cabbage have been contributed to the diet by the German converts.

A traditional Mormon casserole is lima beans and pork sausage seasoned with chili powder.

21-26. See Information Sheet, Section I. The paragraph should include any four of the common foods or dishes.

jerky or long thin strips of dried beef was a staple

pies were baked with dried apples

buffalo once served as an important meat

baked beans with salt pork and molasses

chicken pot pie with biscuits or mashed potatoes for topping

stewed hen

The paragraph should also include the name and description similar to the following:

drying--green beans, pumpkin strips, rhubarb, apples and beef were dried in the sun.

earthen or dirt cellars or pits--dried foods and root vegetables were stored in straw and dirt in earthen cellars or pits.

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ANSWERS TO UNIT TEST
UNIT III

27-31. See Information Sheet, Section II. The paragraph should include the name and description of any two of the following.

chile tepin--a small tomato-like berry used as a strong spice in cooking.

fried bread--the bread is made in flat, round cakes and deep fried into crispy puffs.

mutton stew--the stew is made from mutton, potatoes and sometimes carrot and green pepper.

piki bread--a thin rolled bread which is made from roasted blue corn which is ground and crushed, and the batter is then spread over a hot stone greased with sheep's brains.

chicos--sun-dried grains of sweet corn which are soaked and boiled resulting in a taste much like the fresh corn.

The paragraph should also include the name and description similar to the following:

barbecuing--meat is cooked over hot coals or stones set in a hole in the ground. The meat is rubbed with salt, wrapped in green leaves, placed in a pit, covered with the earth and left to cook for 8 hours or more. The meat is tender when cooked and has a distinctive flavor.